

Department of Physical Education, Wellness, and Sport

School of Education and Human Studies

Faculty

Linn M. Stranak (1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

David Blackstock (1973). Professor of Physical Education and Director of Athletics. B.S., Union University; M.Ed., University of Memphis; Ed.D., University of Southern Mississippi.

Mark Campbell (1996). Instructor of Physical Education. B.S., David Lipscomb University; M.Ed., Union University.

Gary Johnson (1994). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis; Additional study, University of Memphis and Middle Tennessee State University.

Julie Powell (1995). Instructor of Sport Management. B.S. and M.Ed., Union University.

Andy Rushing (1988). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

Robert Stiegmann (1997). Instructor of Athletic Training. B.A., University of Missouri; M.Ed., University of Mississippi; Additional Study, University of Mississippi.

Ralph Turner (1994). Instructor of Physical Education. B.S., David Lipscomb University; M.S., Tennessee State University.

Sandra Williams (1983). Associate Professor of Physical Education. B.S., Union University; M.S., University of Tennessee at Knoxville; M.R.E., Southern Baptist Theological Seminary.

The Department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The Department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.

Aims of the Department are: to develop physical skills for lifetime use; to develop scientific knowledge and attitudes for optimum development of health through fitness; to cultivate socially desirable characteristics; to offer wholesome recreation; to develop ideals; to prepare teacher coaches, physical educators, athletic trainers, and sport managers for many career channels; and to develop the total person through physical activity.

More specifically, the Department has as its center the philosophy to develop a greater quality of life for all people. To ensure this, the faculty stress leadership and communication through each program affected. Growth and development of the individual as exposed to activity should occur. Another significant aspect of education enveloped by the department is meaningful use of leisure under the concept of wellness. Prescription programs are emphasized in exercise/wellness. Education of sport management students includes moral and ethical responsibility in the business of sport.

IV. Major in Sport Management—51 hours

- A. Core for all majors—PEWS 201, 343, 419, 421, 435; ACC 211; ECF 323; MGT 250, 318, 348; MKT 328; COM 120 or 323—39 hours
- B. Sport Marketing Emphasis—12 hours
 - 1. PEWS/MKT 340, 425
 - 2. MKT 330, 433
- C. Sport Communication Emphasis—12 hours
 - 1. PEWS/MKT 341; COM 360; PEWS/COM 205
 - 2. COM 220 or 230

V. Major in Christian Ministries/Recreation—35 hours

- A. CHR 113, 231, 251, 333, 338, 454, 481; PHL 240; PEWS 250, 317—29 hours
- B. Select one: PEWS 222, 231, 251, 331, 415.
- C. Select an additional course from IV. B. electives or from PSY 318; ART 325; SOC 418; COM 350; CHR 369, 371, 373.

MINORS

The Department offers minors in Physical Education, Health Education, and Athletic Coaching. The Department with the Department of Christian Studies offers the minor in Christian Ministries/Recreation. Some minors are noted to satisfy an add-on endorsement to a valid Tennessee Teacher License; check with the Director of Teacher Education for additional information.

I. Minor in Physical Education—21 hours

- A. PEWS 201, 222, 414, 416, 419—15 hours.
- B. Select 6 Electives from PEWS courses.

II. Minor in Physical Education (add-on teaching endorsement, PE Grades K-12)—23 hours

- A. PEWS 120, 130, 201, 222, 316, 410, 414, 416, 419.
 - B. BIO 221 or 222; EDU 421.
 - C. Completion of applicable portions of the Praxis II series.
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For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living.

Assessment of Majors

Physical Education majors are required to take a written exit examination the semester prior to or during the semester of graduation. This will consist of an equivalent form exam with questions furnished by all members of the department according to their area of emphasis. The exit exam is a general, broad-based test, covering the major areas of professional preparation and requiring a minimal mastery level of 70% correctness.

Student Organization

Sigma Delta is an academic fraternity that desires to improve scholarship and professional development among physical education students. Membership is open to any student attending Union who is seeking a degree (major or minor) in physical education or related field. To be eligible, a student must have completed at least one semester of college work with a 2.75 overall GPA and 3.25 in physical education.

Student Awards

The Academic Excellence Medal is awarded to the graduating senior with the highest average in the major provided the average is not less than 3.5. Before Awards Day, the student must have completed at least 15 credit hours in the major at Union University, exclusive of pass/fail courses. If no major is eligible, the medal will be given to the minor meeting the minimum requirements.

The **Fred DeLay Memorial Award** has been established by the late Mr. DeLay in memory of his father and is presented to the honor athlete of the Senior Class. The recipient of this award must be, in addition to being the outstanding athlete, a person of high academic standing, unquestionable loyalty, and good character. The late Mr. Fred DeLay was Head of Athletics at Union University from 1937 to 1945 and again in 1948 to 1949.

Course Offerings in Physical Education, Wellness, and Sport (PEWS)

() Hours Credit; F-Fall; W-Winter; S-Spring; Su-Summer

100. Fitness for Health (1) F, W, S

***106. Tennis (1) F, S**

***107. Bowling (1) W**

Introduction to the rules, techniques, scoring, and etiquette of bowling.

***110. Volleyball (1) W**

***111. Badminton (1) F, W**

113. Elementary Nutrition (3) S

Elementary principles of nutrition and their application to the individual and the family.

***115. Snow Skiing (1) W**

An introduction to skills, proper dress, safety, and conditioning techniques; application of skills learned through a week-long field trip.

***116. Canoe and White Water Rafting (1) S**

An introduction to canoeing and white water rafting to develop skills, enhance the enjoyment of both sports, and provide proper instruction in the areas of safety.

***117-27. Karate I (1) F, S and Karate II (1) S**

Blocks, kicks, strikes, and punches and necessary stances for their execution will be taught to develop skill, strength, and general health. Instruction will be primarily by demonstration.

***119. Archery (1) W**

120. Team Sports (1) F

Fundamental skills, rules, techniques, and strategy of team sports.

130. Individual-Dual Sports (1) S

Fundamental skills, rules, techniques and strategy of individual-dual activities to include bowling, wallyball, golf, horseshoes, table tennis, gymnastics stunts and tumbling, and wrestling.

201. Introduction to Physical Education and Sport (3) S

The historical background, general scope, principles, philosophy, and objectives of health and physical education in its relationship to education as a whole.

***203. Lifeguard Training (1) S**

A course to provide the strong swimmer with the knowledge and skills designed to save his/her own life or the life of another in the event of emergency.

205. Sport Journalism (3)

An overview of the industry, including the history of event coverage of print and electronic media. Topics to include fundamentals of sport coverage, broadcast rights and contracts and their effects on revenue stream, analysis of great broadcasters. Reciprocal with COM.

218. Athletic Injuries (3) S, Su

Theory and practice in treating the more common injuries in physical education and athletic activities. Attention will be given to massage; bandaging; treatment of sprains, bruises, and wounds; diet; and conditioning of athletes. Experience in the training room will be given.

421. Sport Psychology (3) S—Even Years

Prerequisite: PSY 213. Reciprocal credit: PSY 422.

Applying basic psychological principles to coaching situations. Designed to aid coaches in motivation, communication, and coaching methods other than skills development.

425. Current Issues in Sport (3)

Contemporary trends and controversial issues in sport with an emphasis on finance, management, ethics, sociology, marketing and legal issues. Includes an ongoing review of sport business journals and publications as well as event coverage.

431. Church Ministry Internship/Field Experience (3) As Needed

A full semester in a local church recreation program, YMCA or FCA. The student will direct a lock-in, organize a day camp program, survey for recreation needs, conduct a special recreation day, etc. The student will keep a log of his/her activity, write a major

450. Administration of Athletic Training Programs (3) F

An overview of managerial skills necessary for an effective program such as record keeping, group organization and recruitment, training room design, scheduling, and insurance procedures.

455. General Medicine & Pharmacology in Athletic Training (4)

Integrates pharmacologic applications, organized by body systems, with general medical conditions and disabilities of those involved in physical activity.

460. Advanced Athletic Injuries III: Exercise and Rehabilitation (3) F

Prerequisite: PEWS 218.

Students will gain an in-depth knowledge of current concepts and techniques needed for the rehabilitation of athletic injuries. This knowledge will be utilized by the students to develop programs to assist athletes in returning to fully competitive condition a minimal time.

465. Athletic Training Clinical V (3) F

Further instruction in exercise rehabilitation techniques and AT management. Includes skill evaluation as taught in course and in AT 450, 460. Includes off campus clinical to develop skills in working with athletic injuries.

475. Athletic Training Clinical VI (3) S

Prerequisites: AT 455, 465.

Further instruction in pharmacology and general medical conditions. Includes skill evaluation as taught in course and in AT 455.

Available in each departmental prefix.

180-280-380-480. Study Abroad Programs (1-4) As Needed

All courses and their application must be defined and approved prior to travel.

195-6-7. Special Studies (1-4) On Demand

Lower-level group studies which do not appear in the regular departmental offerings.

395-6-7. Special Studies (1-3) On Demand

Upper-level group studies which do not appear in the regular departmental offerings.

495-6-7. Independent Study (1-4) On Demand